

Health & Physical Education 5

Basic Course Information		Subject Category	Competition 03
Course Number	0305060	Credit Type and Number of Credits	1
Class Format	Experiment / Practical train	Student Category	Year 3
Department	Electrical and Electronics	Classes per Week	1
Period of Study	Semester 1	Prerequisite	
Responsible Lecturer	Al. Mera, Sorooshchi	Instructor	Al. Waseem, Busari

Course Objective
 1. Students learn about health promotion and disease prevention in the community and the functions of the body's systems.
 2. Students learn about prevention of current substance abuse, Violence in society and community safety. 3. Students learn about guidelines for safe and smart consumer choices. Characteristics of advertising media. Nutrition principles for exercise and have basic table tennis skills for physical, social, emotional, and mental development.

Evaluation/Unit/Id	Ideal Level of Achievement (Very Good)	Standard Level of achievement (Good)	Unacceptable Level of Achievement (Fair)
Assessment Topic 1	Understand and explain knowledge of Health promotion and disease prevention in the community and the functions of the body's systems.	Understand knowledge of Health promotion and disease prevention in the community and the functions of the body's systems.	Cannot understand and explain knowledge of Health promotion and disease prevention in the community and the functions of the body's systems.
Assessment Topic 2	Recognize and understand prevention of current substance abuse, Violence in society and enhancing community safety.	Understand prevention of current substance abuse, Violence in society and enhancing community safety.	Cannot recognize and understand prevention of current substance abuse, Violence in society and enhancing community safety.
Assessment Topic 3	Understand and explain guidelines for safe and smart consumer choices. Characteristics of advertising media. Nutrition principles for exercise and have basic table tennis skills for physical, social, emotional, and mental development.	Understand guidelines for safe and smart consumer choices. Characteristics of advertising media. Nutrition principles for exercise and have basic table tennis skills for physical, social, emotional, and mental development.	Cannot understand and explain guidelines for safe and smart consumer choices. Characteristics of advertising media. Nutrition principles for exercise and have basic table tennis skills for physical, social, emotional, and mental development.

Relationship with Learning Outcomes

6I4) Creativity to make a new value with fusing the knowledges from various fields.

6I8) As an engineer, attitude to act with awareness of social roles and responsibility to make a better society.

Please change

Teaching Method

Outline:	Study the history of basketball. Basic skills in passing, dribbling, shooting, play as a
Class Format:	Lecture, sharing of learning between students and teachers, Presentations.
Please Note:	

Course Plan	Semester 1	Contents and Method of Course	Goals	Related MCC	
				1	2
1st week		Principles of nutrition for exercise	1. Understand the principles of nutrition for exercise and apply them in daily life. 2. Know how to manage calorie for yourself.	ME-2-1 ME-2-2 ME-2-3 ME-2-4 ME-2-5	ME-2-1 ME-2-2 ME-2-3 ME-2-4 ME-2-5
2nd week		Guidelines for safe and smart consumption choices	1. Know how to read food labels. 2. Characteristics of health advertising media.	ME-2-1 ME-2-2 ME-2-3 ME-2-4 ME-2-5	ME-2-1 ME-2-2 ME-2-3 ME-2-4 ME-2-5
3rd week		Community Safety	1. Understand the causes of accidents. 2. Students have the skills to prevent accidents.	ME-3-1 ME-3-2 ME-3-3 ME-3-4 ME-3-5	ME-3-1 ME-3-2 ME-3-3 ME-3-4 ME-3-5
4th week		Community Safety Presentations	Presentation on ways to prevent and increase security in the community.	ME-3-1 ME-3-2 ME-3-3 ME-3-4 ME-3-5	ME-3-1 ME-3-2 ME-3-3 ME-3-4 ME-3-5
5th week		Health promotion and disease prevention in the community	1. Understand community, health problems and have knowledge in disease prevention.	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
6th week		Sex education	1. Students have knowledge of disease prevention and practice on themselves. Understand about sexual harassment.	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
7th week		Prevention of current substance abuse	Practice for table tennis class and understand the history of table tennis.	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
8th week		Nervous system, reproductive system and endocrine system	Understand the functions of the body's systems.	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
9th week		Midterm exam		ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
10th week		Orientation for table tennis classes	Practice for table tennis class and understand the history of table tennis.	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
11th week		Basic table tennis skills and physical education activities	Can holding the paddle.	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
12th week		Basic table tennis skills 1	Can forehand Drive.	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
13th week		Basic table tennis skills 2	Can backhand Drive.	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
14th week		Table tennis serve skills	Can serve both forehand and backhand.	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
15th week		Table tennis smash skills	Can smash both forehand and backhand.	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
16th week		Rules and regulations of table tennis competitions	Understand the rules and regulations of table tennis competitions.	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
17th week		Table Tennis match	Can play table tennis and understand the rules.	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
18th week		Table Tennis skills test	Pass the skill test.	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
19th week		Final exam		ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5
20th week		Review exam		ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5	ME-4-1 ME-4-2 ME-4-3 ME-4-4 ME-4-5

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Basic Ability	Communication	Critical	Manual Solution between systems	Problem Solving	Others
Basic Ability	20	10	20	10	10
Technical Ability					
Entrepreneurial Ability					